



# Our Insect Enemies



## Mosquito Troubles: More Than Just Itchy Bites

(NAPSA)—Mosquitoes are more than just annoying blood-suckers that leave behind itchy souvenirs. They can also carry three human diseases found in the United States: West Nile virus (WNV), malaria and dengue fever. These diseases, which are all potentially fatal if untreated, are transmitted to humans and animals through the bite of an infected mosquito.

First detected in North America in 1999, WNV is the most common mosquito-transmitted disease in the U.S. According to the Centers for Disease Control and Prevention, more than 15,000 cases of WNV have been confirmed since its discovery, leading to more than 500 deaths. Since 1999, cases of WNV have been reported in all 48 continental states.

WNV is transmitted through the female mosquito's bite. While male mosquitoes feed on plant nectars, the females require the protein found in blood to produce eggs. Mosquitoes breed in stagnant water sources, such as storm drains, old tires and children's wading pools, where their eggs develop into adults after 10 to 14 days. Mosquitoes are most active during dusk and dawn.

The National Pest Management Association (NPMA) offers these tips for relief from mosquitoes during this summer season:

- To avoid mosquito nesting and breeding sites, eliminate standing water and other sources of moisture around the home in flowerpots, water dishes, birdbaths, swimming pool covers, barrels and



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**Mosquitoes not only bite, but they can also transmit several serious diseases.**

other objects that can collect water.

- When dining outside, keep food covered until ready to eat.
- Keep windows and doors properly screened.
- Avoid being outdoors during dawn and dusk when mosquito-biting activity peaks. Also avoid areas near water where mosquitoes are more active.
- If outdoors during peak activity, wear long-sleeved shirts and long-legged pants. Avoid wearing dark colors and floral prints, loose-fitting garments, open-toed shoes and sweet-smelling perfumes or colognes.
- Plan ahead for spending time outdoors and wear mosquito repellent containing DEET.
- If you notice large mosquito populations near your home, see signs of mosquito breeding grounds or want to schedule a regular home inspection to ensure your home is mosquito-free, contact your local pest professional.

For more information about mosquitoes and other pest issues, visit [www.pestworld.org](http://www.pestworld.org) and [www.whatisipm.org](http://www.whatisipm.org).